

RECIPE OF THE WEEK

Bright Brunch Bowl

Brilliant green and lively orange make my morning sing - although of course this can be enjoyed any time of day. Any combination of greens will work, just be mindful to add them to the pan in order of increasing fragility, so that the most delicate are added at the very end for a very quick steam.

Ingredients

serves 2

- 4 cups greens, chopped
 - eg: 2 cups kale, 1 cup each arugula & minutina
- 1/2 cup toasted sunflower seeds
- 1/4 cup raisins
- 1 Tbs olive oil
- 2 Tbs balsamic vinegar
- 2 medium size sweet orange tomatoes
 - eg: sungella
- salt and pepper to taste



Method

Heat oil in a skillet over medium heat. Add the first batch of greens, beginning with any stems (eg: kale or chard), and the sunflower seeds and raisins. Sauté a few minutes, then add any tougher leaves and sauté a few minutes more. Add the remaining greens (can include fresh herbs like chives and chervil), and cover, and let steam just until all the greens are limp. Sprinkle over the vinegar, give a quick toss, and divide into serving bowls. Top with sliced tomatoes and a dash of salt and pepper. Add a poached egg for a protein fix.

In Season

The weekly summer newsletter from Growers of Organic Food Yukon

Do you make an amazing local specialty?

The Ingestible Festival

Gallery style tasting and friendly food competition in Mount Lorne Aug 30th.

Contact lmca@northwestel.net or 668-5964

It's officially August and it feels like we've turned a bit of a corner. The last couple days felt more like May, which was a delight, but the tail-end of the season is visible in the distance. Slaughter dates have already begun to move across the calendar as animals reach their harvest weight, and customers are lining up at farms to pick up birds and goats. Hopefully they get to pick berries on the way. Helping out at a butcher day is a great way to get really in touch with your food, and learn to appreciate it even more.



From the Editor Kim Melton

GoOFY Profile: Sarah & Duncan's Farm

Sarah & Duncan's Farm is an intensively grown 1/4 acre market vegetable garden located in Marsh Lake. They grow over 20 types of vegetables and herbs using hand tools, the old-fashioned way. With soil, human and environmental health in mind, they favour organic growing practices to help increase soil fertility, including organic ammendments, crop rotation and compost tea. Now in their 2nd year of growing, they take pride in providing fresh, delicious, high quality vegetables to the Whitehorse community. Find their produce at Riverside Grocery, Candy's Fruit Stand and a number of local restaurants or at the Carcross Cut-off Wednesdays from 3-6:30.

Sarah & Duncan's
Market Stand
Wednesdays
3:00 - 6:30 pm
Carcross Cut-off



e - goofy@yukonfood.com ph - 633-4201 web - organic.yukonfood.com
or in the flesh at the Fireweed Farmer's Market every Thursday!

